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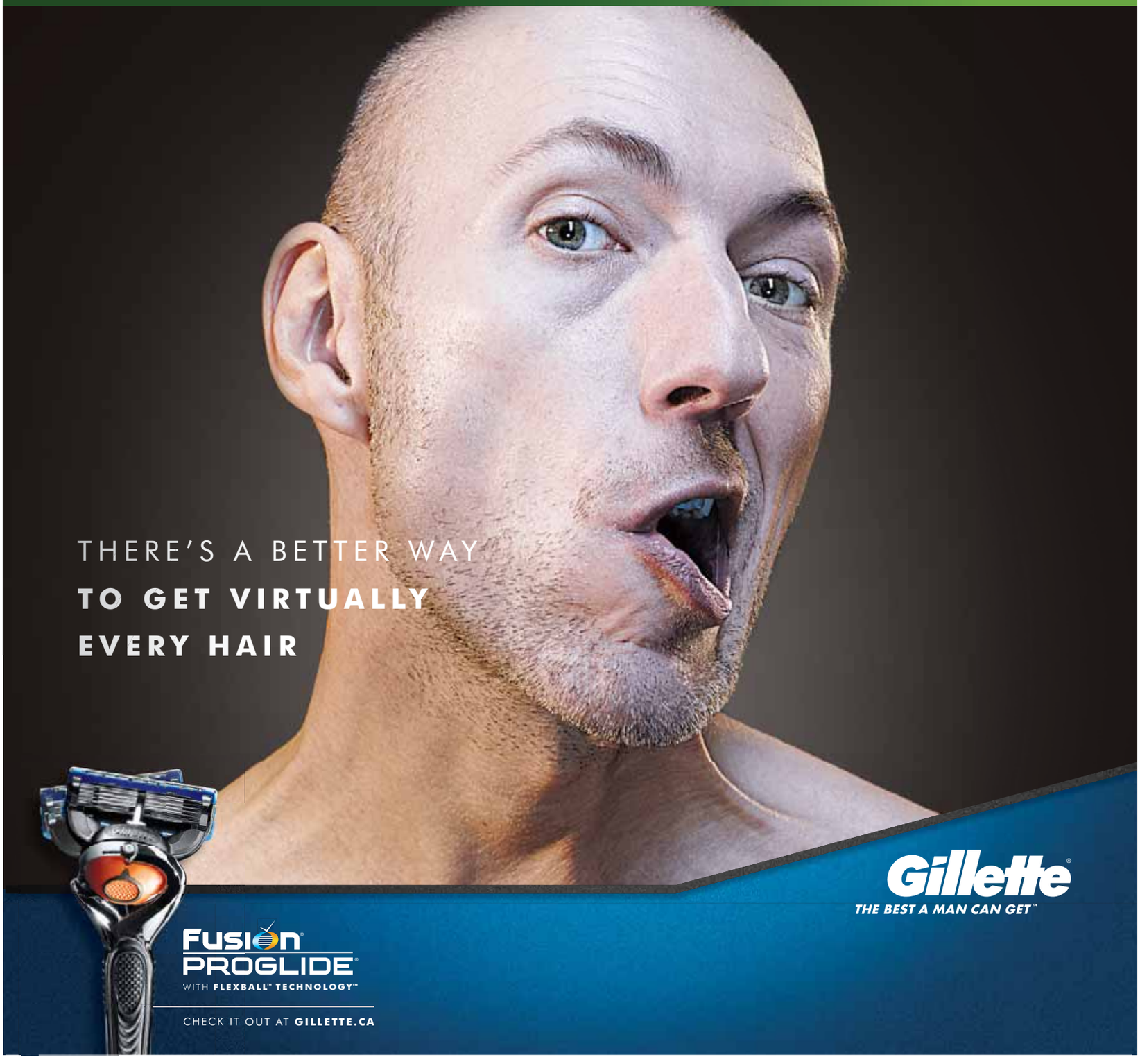

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PAGE 17

Sectarian strife rocks Iraqi capital

Shiite fighters prepare to take up arms against Sunni militants as explosions kill at least 15 and injure more than 30 in Baghdad PAGE 4

King Oedipus, Frankenstein, Othello, Faust, Mayor Ford

Toronto's chief magistrate joins list of tragic heros with Rob Ford the Musical PAGE 3

Say Lou Lou on the road, on the mend

Twin pop singers say a life of touring is less fun than it seems — especially after Miranda's trip to the hospital PAGE 9

NEWS WORTH SHARING.

LORDE SCORES AWARD

Lorde performs during the 2014 Much Music Video Awards in Toronto on Sunday. Lorde was an early winner for international video of the year by a solo artist for her hit Royals. Story, page 3 — plus use Metro AR to view a photo gallery from the red carpet. CHRIS YOUNG/THE CANADIAN PRESS

WSIB spying on rise, files show

Insurance fraud. Legal clinic accuses board of targeting the most vulnerable workers

A video of Jennifer Williams shows her walking up stairs using a cane and loading small packages into a van.

The tape is the work of a private investigator hired by the Workplace Safety and Insurance Board which, internal documents suggest, was suspicious that Williams — a former personal support worker injured on the job in 2005 — was secretly working and faking a psychological illness.

The WSIB ordered surveillance in September 2011, after a psychiatric assessment determined Williams was unfit for work. The investigator tailed her for 52 hours over a seven-day period and the board used the video as proof that Williams was employable. In January last year, it cut off her benefits.

Williams is now on welfare.

Such surveillance by the WSIB used to be a rarity, legal experts say. But documents obtained by Torstar News Service suggest the WSIB is spying on clients now more than ever, often without cause.

"Now that we are conducting more surveillance related to misrepresentation of level of disability where we don't have an actual allegation ... there have been lots of questions from compliance specialists around what constitutes sufficient grounds to warrant surveillance," states a 2011 internal email from Bob Thomas, an employee in the WSIB's regulatory services division.

"Sufficient grounds," according to the email, include indicators such as language barriers, frequent change of phone number or address and psychological problems.

The documents were obtained by the IAVGO Community Legal Clinic after surveillance was used to reduce the benefits of eight clients.

"We believe that the WSIB's internal guidelines mean that the most vulnerable and precarious workers ... are being targeted," said Maryth Yachnin, an IAVGO lawyer representing Williams in an appeal. TORSTAR NEWS SERVICE

Breaking point

The WSIB pays out $2.6 billion to injured workers each year, according to a WSIB spokesperson.

- The WSIB's insurance fund takes in less money than it needs to pay out, leaving it with billions in "unfunded liability."
- The province passed legislation requiring the board to get rid of that liability by 2027.

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NEWS 1

Sadly for Ecuadorians, this one time the Swiss were exceedingly late

At left, Swiss fans celebrate while Ecuador fans, right, look on deflated after Switzerland netted the game-winning goal in the dying seconds of stoppage time Saturday. Switzerland defeated Ecuador 2-1 as fans from both countries watched at the Mill St. Brew Pub in Toronto's Distillery District.

JESSE MCLEAN/TORSTAR NEWS SERVICE

Champions of bag fees back to giving it away

Indigo, Loblaw, Home Depot. Companies cite 'ongoing criticism,' but reports show usage drops under fees

Some of the Canadian companies that once championed fees for plastic shopping bags have quietly changed policy and are now handing them out for free.

Indigo Books & Music announced a plastic bag reduction program in June 2010, saying customers would be charged five cents per plastic bag to help reduce the use of plastic bags and waste. The money would go towards World Wildlife Fund Canada, the company said in a release.

Today, however, customers at Indigo's Toronto locations can get plastic bags for free. "Upon receiving ongoing criticism at our stores … we have chosen to provide reusable bags for sale, while offering both paper and plastic bags at no cost at the customer's request," Janet Eger, Indigo's vice president of public affairs, said in an email.

Several North American cities require retailers to charge for plastic bags, while a few others — including Fort McMurray, Alta. — have banned them outright.

Indigo isn't the only retailer to scrap the fee. Home Depot removed it in all its stores.

Grocery giant Loblaw, too, has changed plastic bag policy in at least one store.

Plastic bags have been a contentious issue in Toronto. Years of back and forth bylaws leaves Toronto currently without a regulation, allowing retailers to make their own policies.

TORSTAR NEWS SERVICE

In Toronto

City council forced stores to charge for bags in 2009. Later council voted to ban plastic bags outright but the threat of a lawsuit from the plastics industry later overturned the ban. Reports from both the city and companies show that consumers are less likely to pick plastic shopping bags when they come with a fee.

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Political theatre. Mayor fills 'tragic hero' role in Rob Ford the Musical

In creating a stage musical about scandal-plagued Mayor Rob Ford, playwright Brett McCaig couldn't help but think of a certain literary figure.

"Falstaff from Shakespeare," McCaig said in a telephone interview. "He's very Shakespearean or operatic. He's our modern tragic hero — he rode in on his white horse, stallion, to save his village and then through his own weaknesses fell hard."

McCaig will be looking to fill the shoes of such a character on Monday when he and his collaborators hold an open casting call for Rob Ford the Musical: The Birth of a Ford Nation at Toronto's Second City Training Centre. The show is set to run at Toronto's Factory Theatre from Sept. 16 to Sept. 28, although McCaig said there's a possibility of extending it.

"We've fielded just hundreds and hundreds of calls, so I think it's going to be a bit of a gong show," McCaig said of the audition. "But the more, the merrier, because then we have a bigger pool to find that perfect Rob Ford."

McCaig said he started working on the show a year ago, writing the book and lyrics with P. Joseph Regan while longtime collaborator Anthony Bastianon penned the music.

As the three sat in a pub discussing Ford's antics, McCaig saw it as "one of the greatest stories that's ever happened."

"I think a lot of folks looked at this poorly and thought it was terrible for Toronto, but I think Toronto has never been more spoken of or thought about in the North American diaspora," said the St. Thomas, Ont., native.

"The whole story is huge, so we thought, 'How do you make that even bigger?' and the next thing is, of course, singing and dancing." THE CANADIAN PRESS

Tale as old as time

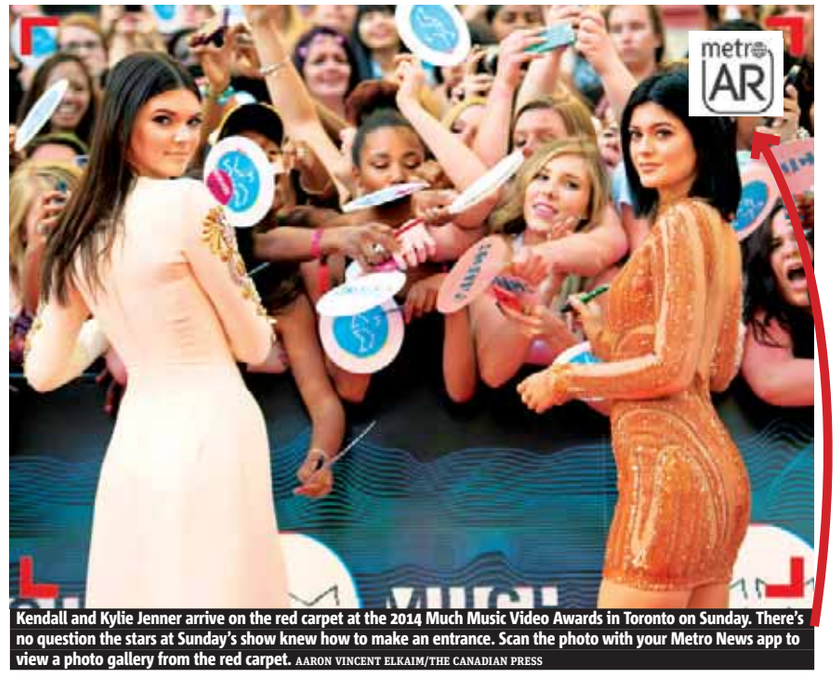
"It's a timeless story ... it's this rise to greatness and then a huge, huge fall due to your own weaknesses."

Playwright Brett McCaig, on his upcoming stage play about Mayor Rob Ford

A stage musical is in the works about scandal-plagued Mayor Rob Ford.
CHRIS YOUNG/THE CANADIAN PRESS FILE

Stars in Toronto roll up in style at MMVAs

Spectacle. Event starts with Marianas Trench arriving in a bed pulled by a truck and soccer star Jermain Defoe kicking it in a double-decker bus



Kendall and Kylie Jenner arrive on the red carpet at the 2014 Much Music Video Awards in Toronto on Sunday. There's no question the stars at Sunday's show knew how to make an entrance. Scan the photo with your Metro News app to view a photo gallery from the red carpet. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Hedley opened the 25th anniversary edition of the Much Music Video Awards with a jaunty performance of Crazy for You while Drake won a pair of trophies.

The Toronto rapper's silky ballad Hold On, We're Going Home won best international video by a Canadian and his elliptical Worst Behaviour took hip-hop video of the year, but the 27-year-old wasn't present to claim his prizes.

After Hedley's confetti-packed performance — which featured dancers outfitted for an '80s aerobics class — British songsmith Ed Sheeran performed his breezy summer jam Sing after arriving on the red carpet in a french-fry truck.

That wasn't the only attention-grabbing entrance.

Vancouver pop outfit Marianas Trench rolled up reclined on a feather-packed bed being dragged by a truck, Toronto FC striker Jermain Defoe arrived in a red double-decker bus and Toronto rap-rock band Down With Webster made their entrance in a honking Mack truck.

Defiantly, Las Vegas popsters Imagine Dragons — who won for international video of the year by a group then led a massive Happy Birthday singalong to guitarist Wayne Sermon — materialized in a dirt-encrusted Toyota.

Hosts Kylie and Kendall Jenner arrived free of stunts, simply walking onto the carpet before being greeted by a Much host who asked Kim Kardashian's half-sisters if they had received any advice from their famous family.

"Kim was on the show years ago and just said it's literally the most fun thing ever," Kendall said.

In the show's opening monologue, Kendall mocked her famous flub at the Billboard Awards by speaking incoherently before pointing to a garbled cue card being held aloft.

Lorde was an early winner for international video of the year by a solo artist for her ubiquitous smash Royals.

"Thank you to everyone who's always supported me in Canada," said the 17-year-old New Zealand songwriter, wearing a roomy grey suit and wide-brimmed black hat with an antenna flopping from the top.

"Thank you ... to my family, who are here tonight. I'm so happy. Thank you so much." THE CANADIAN PRESS

Kim-pressive

"Kim (Kardashian) was on the show years ago and just said it's literally the most fun thing ever."

Kendall Jenner, half-sister of Kim Kardashian, when asked if she and Kylie Jenner had received any advice from their famous sibling

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Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neighbourhoods or security forces.

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS

Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

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49 dead after pro-Russia separatists shoot down Ukraine military plane

People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. Ukraine's new president declared Sunday a day of mourning and vowed to punish those responsible after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.
SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Escalating battle. Nine crew, 40 troops were aboard aircraft when it went down Saturday

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security officials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

Luhansk is one of two eastern areas where separatists have seized government buildings and declared independence. THE ASSOCIATED PRESS

Casey Kasem. DJ, who became king of Top 40 countdown, dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his sign off, he would tell viewers: "And don't forget: keep your feet on the ground and keep reaching for the stars."

Casey Kasem
ERIC JAMISON/THE ASSOCIATED PRESS

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in numerous commercials.
THE ASSOCIATED PRESS

Unruly passenger

JetBlue flight diverted

A hollering, agitated passenger who ignored pleas to calm down spurred a pilot to divert a New York-Las Vegas JetBlue plane to Detroit over the weekend, according to the airline. Flight 211 was headed west from New York's Kennedy Airport when the passenger became unruly.
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Ottawa woman's journey from the streets to the law

University of Ottawa. A troubled life left her homeless at 16 — but eight years later, she's a law school graduate

TREVOR GREENWAY
Metro in Ottawa

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland never expected to accomplish, as she struggled through a troubled upbringing that left her homeless at 16.

"If you told me 10 years ago when I was on the streets, if I would ever be in law school, I would have probably just laughed in your face," said a proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO IN OTTAWA

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however — ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles ongoing," she said. "If I compare my life now to even just a few years ago, it's not even comparable."

Ferland wants to draw from her street experience to become a criminal defence lawyer — and a voice for those living on the margins who get into trouble with the law.

And she wants to inspire those looking for a way out of homelessness, by presenting herself as a case study that shows it's never too late.

"You just can't give up," she said. "If you want something, there will be so many hurdles in your way. But if you overcome those hurdles, the rewards are enormous."

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HOW TO ROLL
Alison Griffiths
metronews.ca

Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make smart investment decisions. CHRISTIAN SCHNETTELKER/FLICKR

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich, in and of themselves, but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education as part of their job.

Unfortunately, too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessarily riddled with jargon and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again.

Also, request examples and visual representation of what the adviser is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

2. Trust your gut

Without fail, virtually everyone who has ever told me about an investment they regret has also confessed they felt uncomfortable or uncertain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Consider that there's a stock market correction of 20 per cent once every five years, on average. Do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

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What are the terms of the settlement?
The Province of Nova Scotia will pay $29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?
A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?
No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?
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How can I get more information?
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NO EXCUSES: WYNNE MUST DELIVER

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

As she gets ready to return to Queen's Park and kick off another legislative session, Premier Kathleen Wynne has every right to feel pretty great about her surprising majority government victory last week.

But she should also feel a little bit nervous.

Because here's the thing: With a majority, the Ontario Liberals are out of excuses. They'll have no one to blame if they don't succeed in delivering on key promises. Now it's entirely on them to get things done.

That means working quickly to make good on some of the key items in their election platform.

Take, for example, their pledge to allow for electoral reform. It's right there in black and white. On page three of their "Making Government Work For Ontarians" platform document, the Liberals promise to "give municipalities the option of using ranked ballots as an alternative to first-past-the-post in their own elections."

There's no fathomable reason for any kind of delay on this. The debates have been had — just do it.

The same goes for the party's commitments on infrastructure spending. The Liberal plan, for example, pledges $25-million over three years to implement a provincewide cycling strategy and direct funding for municipalities to create "up to 400 kilometres of new bike lanes" over the same period.

The government needs to be held to these numbers. $25-million. 400 kilometres. I'll be counting.

But it's the Liberal's transit promises that are most critical. They've promised to invest a whopping $15-billion into transit in and around the GTA.

The money is supposed to go to a variety of projects, including all-day 15-minute GO service on electrified rails, LRT in Mississauga and Brampton, a Queen's Quay East waterfront streetcar line and the downtown relief subway line in Toronto.

In the past, the Liberals at Queen's Park have been way too eager to come up with excuses to not invest in transit. In 2010, when Wynne was Transportation Minister, she helped come up with a raft of dubious reasons for delaying the planned Transit City LRT lines in Toronto. The Ministry accepted further delays when Mayor Rob Ford came to power at Toronto City Hall, even though council never voted to change the city's transit plans.

It all adds up to a worrying trend. The Liberals love to announce plans to fund and build transit, but don't seem as eager to actually, you know, fund and build transit.

That kind of backtracking and inaction shouldn't fly anymore. Not with the mandate Wynne and her government have given and the legislative power she now holds. Not with such clear and direct promises made in the party platform.

This is a time for Kathleen Wynne to deliver. No excuses. No delays. Just get it done.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Follow Me To ...

The "Follow Me To" series, by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

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In this issue, you can find AR enhancements on page 9 in Scene and page 19 in Sports

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MetroTube

Cat laps up punishment

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)

JOHN MOORE/GETTY IMAGES

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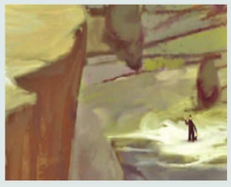


The Truth Is A Cave In The Black Mountains

By. Neil Gaiman

iBooks/Kindle

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This is illustrated folklore. A tale amongst the old, dark ways through human weakness and life lessons that leave you haunted. But this is performance, too, with Gaiman's recorded voice a master storyteller of pacing and tone, lifted by a string quartet playing mood and intent into an experience that will strum in your ears long after its last breath.

Brief

MoMA shows love for Bjork app

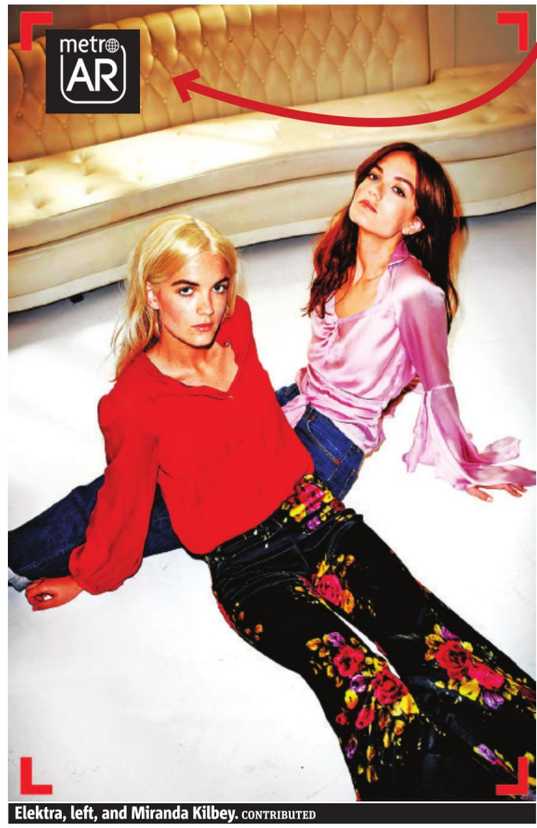
Bjork's multi-sensory musical experiment Biophilia has become the first app to be included in the collection at New York's MoMA.

The Icelandic star's 2011 interactive album has been introduced to the museum's permanent collection, providing myriad media options, including animations, games and interactive graphics for each track. AFP

Say Lou Lou: Double the sounds, double the trouble

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT
Metro World News in London



Elektra, left, and Miranda Kilbey. CONTRIBUTED

Miranda, one half of band Say Lou Lou, has recently returned from a hospital visit after drinking too much at a recent U.K. festival. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled session was just a once-a-year blowout. Really, they've no reason to explain: the half-Swedish and half-Australian musicians are on a high with the reception of their EP Everything We Touch.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

It sounds like you had a good night at the Great Escape festival.
Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?
Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Your night sounds very rock 'n' roll.
Miranda: Everyone says that, but you're like no, but yeah, but no, but…

It seems like you've spent most of your lives on tour. Where do you call home?
Elektra: Honestly, we've been in London the most. We had two flats. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: I feel like we didn't wash our clothes for two weeks. I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless?
Miranda: Yes.

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless. All our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?
Miranda: I'm a very strong four minutes older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Do you have a twin form of non-verbal communication?
Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads.

Is there some sibling rivalry?
Elektra: Probably, yeah. We're not rivals and we always think the other one can do better.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?

STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."

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It takes guts to stop being a duck stuck in a financial rut

Changing bad habits. If you want to build a financial safety net, you must start by opening a savings account

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about $12 an hour, a $15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do something differently so you have a different outcome, you must start somewhere. You cannot save $10,000 until you save $1,000. You cannot save $1,000 until you save $100. You cannot save $100 until you save $10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online community for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. THE CANADIAN PRESS

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal Psychological Science, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.
THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemicellulose and resistant starch, which encourages the spread of lactobacillus. The health benefits associated with lactobacillus include fever symptom reduction to protecting against salmonella. THE ASSOCIATED PRESS

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow

I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than $46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. – *Lesley-Anne Scorgie/for Metro*

Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to $7,200 through the Canadian Education Savings Grant and $2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to $50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute $25 per month to the RESP and have reduced their aggressive debt repayment plans to $200 from $800 per month.

Peter is working diligently to secure freelance contracts valued at $18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their investment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved $19,700 since January.

Homework:
Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived May 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Rent or own: Rent
- Top goals for 2014: pay off debt, start an RESP, and start saving a down payment.
- Current net worth: $85,700
- Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter.

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for babysitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately $500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra $100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately $50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately $550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or $2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construction safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved $26,400 since January.

Homework:
Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,300
- Homework from last month: Move into their new home without busting their budget.

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'Round the world wisdom

Awaken yourself to brand new possibilities

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Accomplishing one goal can be a key to unlocking greater potential. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience. My intent was simple: Each year, I would purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along the fact that I was closer to the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

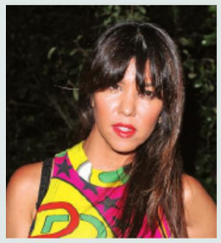
Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists. I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar. Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

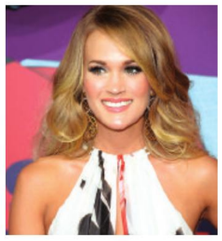
Major celebs

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. METRO WORLD NEWS IN NYC



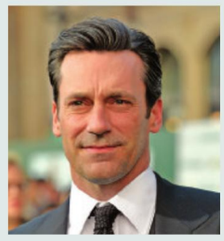
Kourtney Kardashian

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.



Carrie Underwood

A year after winning American Idol, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism.



Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

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The personality picks the profession

Psychological success. The authors of Do What You Are encourage young job seekers to mix their character with a career

LAKSHMI GANDHI
Metro World News

On the surface, the advice that young people should select careers that fit their personalities seems obvious, but a quick look at the stats reveals that it's anything but.

A survey released last year by Gallup revealed that nearly two-thirds of employees from over 180 countries reported that they were "not engaged" at work and that a mere 13 per cent of employees currently feel passionate about their work.

None of the figures are surprising to Paul Tieger. For over 30 years, the question of how people can find the right career path for themselves has fascinated Tieger and driven his own career and work.

Along with Barbara Barron and his millennial-aged daughter Kelly Tieger, the author has just released the fifth edition of the book Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type, which is geared towards the current generation of professionals.

The book provides detailed exercises and examples to help guide readers towards the perfect career for them. Both Paul and Kelly Tieger say that it's particularly important for younger professionals — the so-called millennial generation — to be aware of their personalities and unique needs when deciding what to do next in their professional lives. They share these tips on how to find what's right for you:

Ignore the 'trendy jobs'

"It's a difficult economy, so it can be hard to buck the trend," notes Kelly Tieger. But while considering the current so-called trendy jobs, it's also important to be realistic. "Think of the typical artistic type," says Paul Tieger. "Those people really need to be true to themselves. The key is understanding what your strengths are."

He notes that people who know that they would stress out in environments with tight deadlines should gravitate towards fields where they can give themselves the time and space they need.

See if you can make a lateral move

If you are certain that your current department or environment isn't working for you, see if you can make a lateral move within your organization, advises Kelly Tieger. Applying for a different position may not make a difference in your salary, but it will greatly enhance your quality of life.

Know thyself

The more you know your personality, the better, say the Tiegers.

- Career changers who want to discover their exact personality type and profile can take a quiz at personalitytype.com/dowhatyouare.
- And don't fret. "Just because you are creative doesn't mean that you are doomed to never make money," says Kelly Tieger. It just means that you creatively have to find the right path for yourself.

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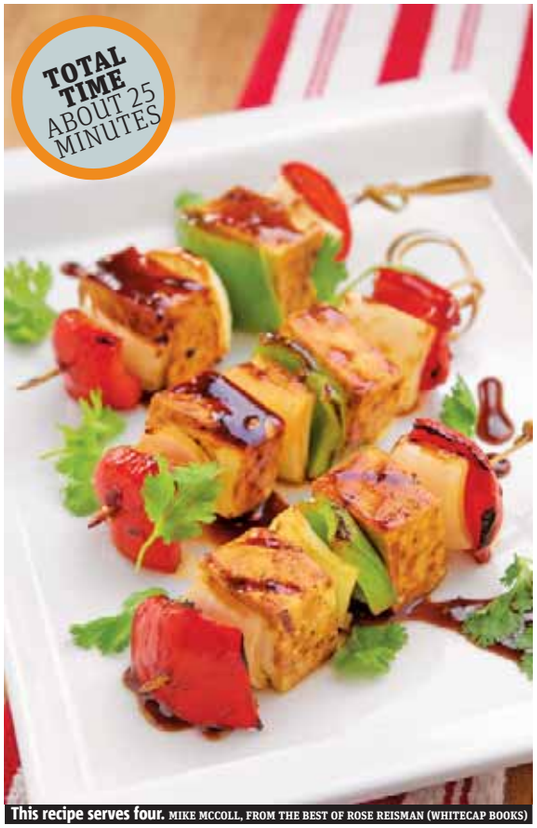

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Make it a meatless Monday

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FLASH FOOD

From your fridge to your table in 30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these Tofu and Veggie Satays with Black Bean Hoisin Sauce.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a non-stick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving: 240 calories; 38.7 carbohydrates; 5.3 g fibre; 9.9 g protein; 7 g total fat; 1 g saturated fat; 0.5 mg cholesterol; 501 mg sodium

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

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France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "(The players should) savour the moment, there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS

Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

It took Lionel Messi just over an hour in Argentina's World Cup opener against Bosnia-Herzegovina to show why so many fans consider him the best in the world.

After a frustrating first half, the Argentina captain scored in trademark style in the 65th minute on Sunday night, completing a quick 1-2 connection with Gonzalo Higuain and running through defenders before striking a brilliant left-footed shot off the post.

The goal — only the second for Messi on football's biggest stage — set off wild celebrations among the throngs of Argentine fans that had turned the famed Maracana stadium into a sea of blue and white. It also energized an unimpressive Argentina team that was ahead at that point only because of an early own goal by Bosnia.

Vedad Ibisevic scored a close-in goal in the 85th, but Argentina held on to win 2-1 in the Group F match.

"It's the first game, I was anxious, nervous," Messi said. "It was important to start with a win. We've got to improve certain things, but it was important to start with the three points."

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

THE ASSOCIATED PRESS

Standoff in Rio

A Brazilian police officer can be seen on an Associated Press video firing what appears to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

- During the small but violent protest, another man in plainclothes who identifies himself as a police officer also pulls a pistol and fires two shots into the air near the stadium.

4 SPORTS

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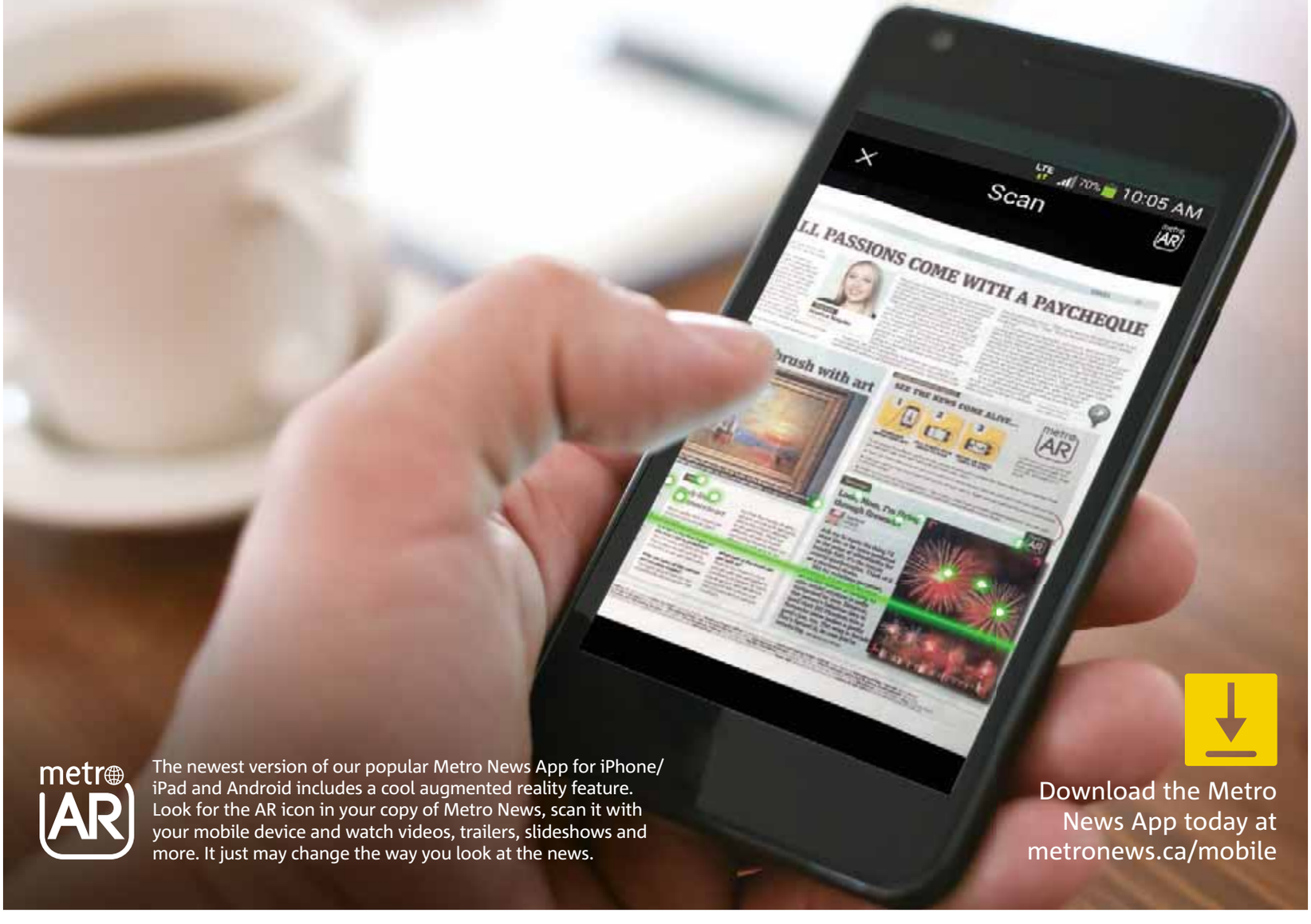

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Scan the image with your Metro News app to view a gallery of the Stanley Cup celebrations in Los Angeles

Spurs unseat Heat, deny three-peat

NBA Finals. San Antonio avenges loss to Miami in five games behind MVP Leonard

Game 5

Spurs	Heat
104	87

From their low moment in the NBA Finals, back to the top of the league.

The San Antonio Spurs turned the rematch with the Miami Heat into no match at all.

The Spurs finished off a dominant run to their fifth NBA championship Sunday night, ending the Heat's two-year title reign with a 104-87 victory that wrapped up the series in five games.

A year after their heart-breaking seven-game defeat, their only loss in six finals appearances, the Spurs won four routs to deny Miami's quest for a third straight championship.

Kawhi Leonard, named the finals MVP, had 22 points and 10 rebounds for the Spurs. San Antonio added this title to the ones the Spurs won in 1999, 2003, '05 and '07. They nearly had another last year, but couldn't hold off the Heat and lost in seven games.

San Antonio rebounded from an early 16-point deficit by outscoring the Heat 37-13 from the start of the second quarter to midway through the third.

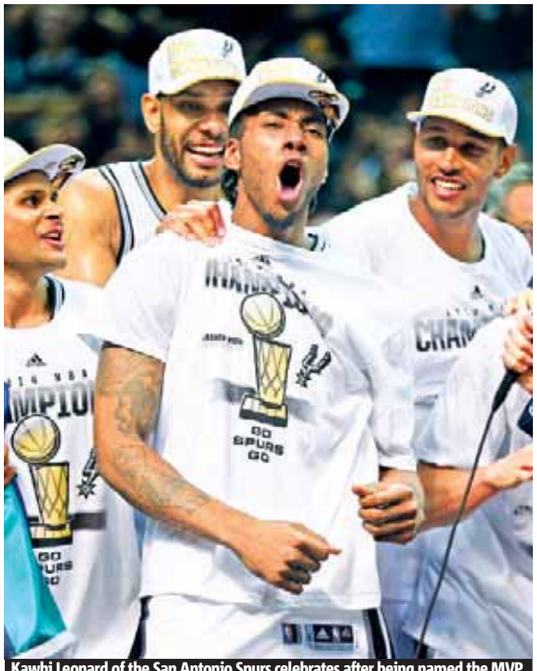
The celebration the Heat cancelled last season was on by early in the second half Sunday, when the Spurs had finished digging their way out of an early 16-point hole and opened another huge lead.

LeBron James had 31 points and 10 rebounds for the Heat.

The Spurs won four titles in nine years, but hadn't been back on top since 2007.

Tim Duncan and coach Gregg Popovich have been here for all of them, and it was the fourth for Tony Parker and Manu Ginobili, who with Duncan are once again the reigning the Big Three in the NBA.

THE ASSOCIATED PRESS



Kawhi Leonard of the San Antonio Spurs celebrates after being named the MVP following Game 5 of the NBA Finals against the Miami Heat on Sunday in San Antonio. The Spurs won 104-87. CHRIS COVATTA/GETTY IMAGES

U.S. Open

Kaymer cruises to wire-to-wire win

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four shots over the final 48 holes. THE ASSOCIATED PRESS

Stanley Cup final

Kings expect a long stay on the throne

Drew Doughty never hesitates to say what the rest of the Los Angeles Kings are only thinking, and the star defenceman's mind was already on a third Stanley Cup title while his teammates celebrated their second behind him.

"Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime, cup-winning win over the New York Rangers.

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Drew Doughty celebrates the Kings' Game 5 win. GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

♉ Taurus
April 21 - May 21
Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

♊ Gemini
May 22 - June 21
The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

♋ Cancer
June 22 - July 23
Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

♌ Leo
July 24 - Aug. 23
Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

♍ Virgo
Aug. 24 - Sept. 23
When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

♏ Scorpio
Oct. 24 - Nov. 22
Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

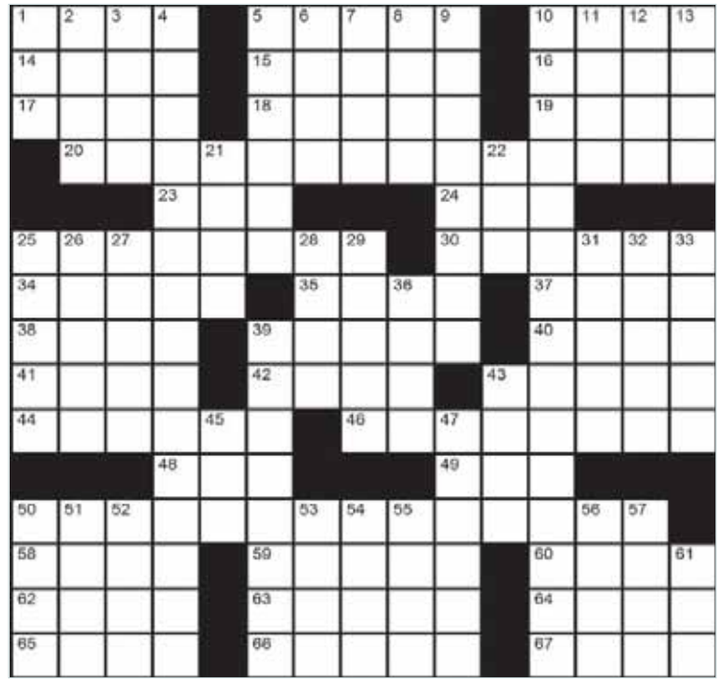
♑ Capricorn
Dec. 22 - Jan. 20
You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

♒ Aquarius
Jan. 21 - Feb. 19
When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

♓ Pisces
Feb. 20 - March 20
You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



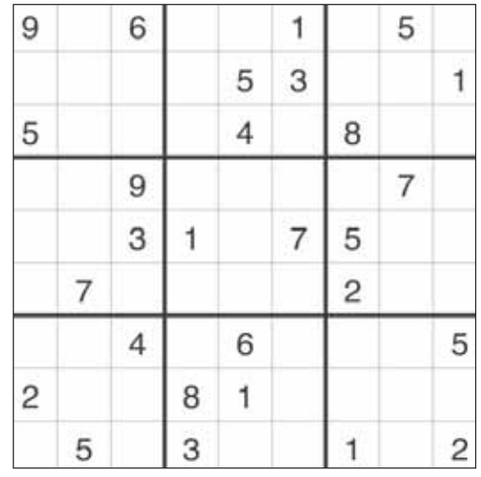
Across
1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra standout
15. Take apart the Hoover, say
16. Antarctica's Prince __ Coast
17. "Star __"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trailblazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, _ _ _-Lavalin
24. Funny! __-hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The __
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.": 2 wds.
41. Fast food titan Ray
42. No: German
43. Trim
44. __ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-__
49. Pasta names suffix
50. Serena Ryder hit: 4 wds.
58. __-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish
64. Particle
65. Carry
66. Ms. Sagal
67. Detect

Down
1. Baseball great Mel
2. Genuine
3. Brother of Cain
4. Summery retreat as in The Muskokas in Ontario: 2 wds.
5. Fine difference
6. "Step __ __ pets." (Furry friends palindrome)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ___
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "__ __ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud __, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, _ __
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, __ Boss
52. Commonly: 2 wds.
53. Vitamins brand, __ _ Day
54. Building block
55. Sole
56. Fall
57. Catch __ ('Get')
61. Prepared

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

Today
26°/15°
Thunderstorms
60%

Tuesday
28°/17°
Thundershowers
60%

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